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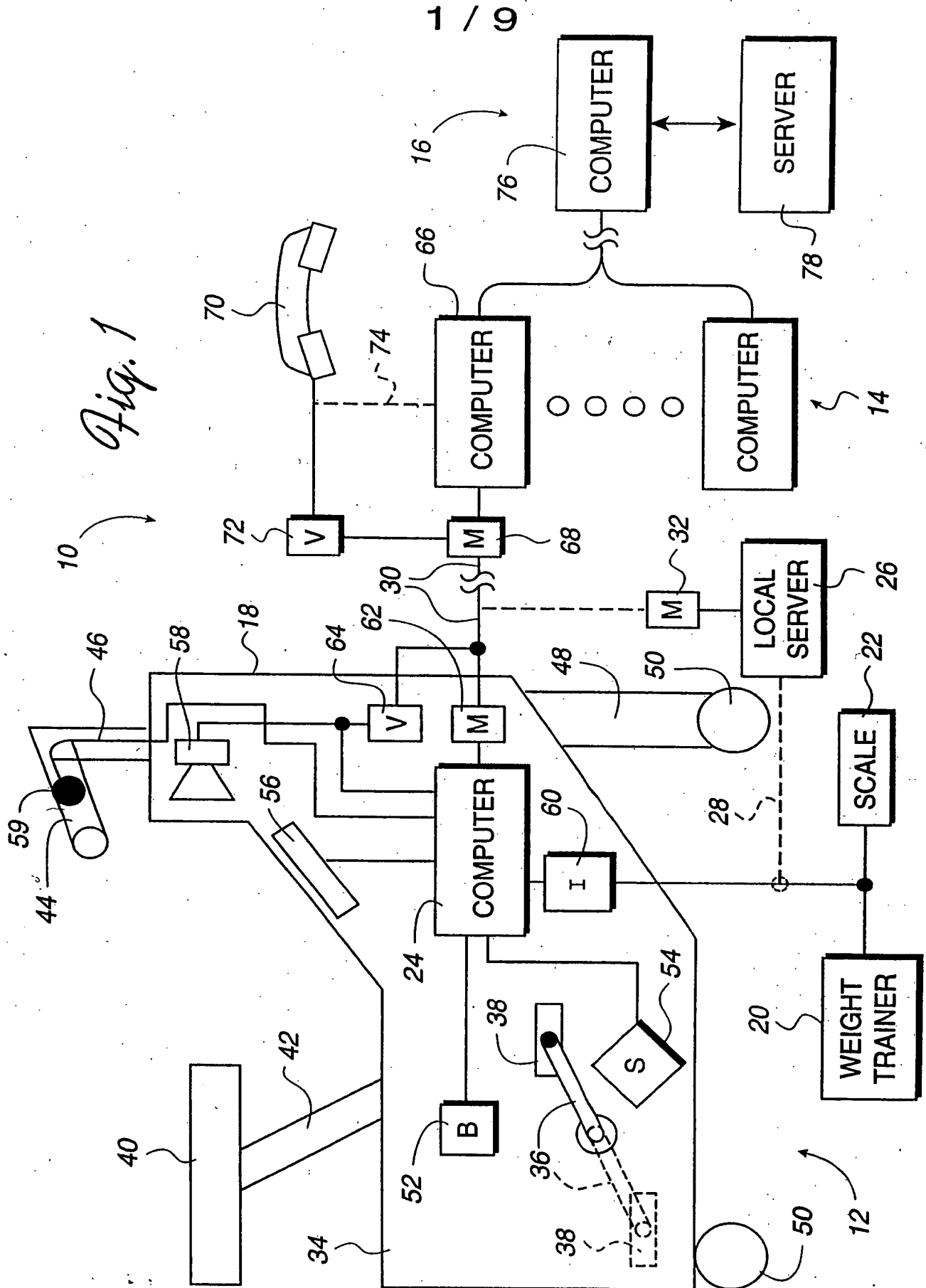
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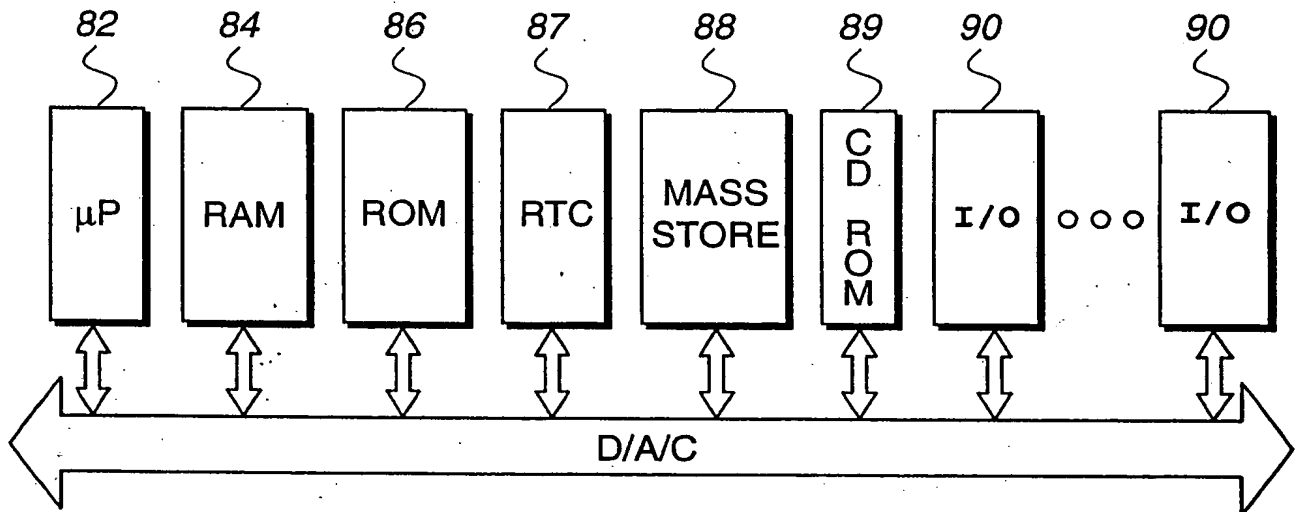
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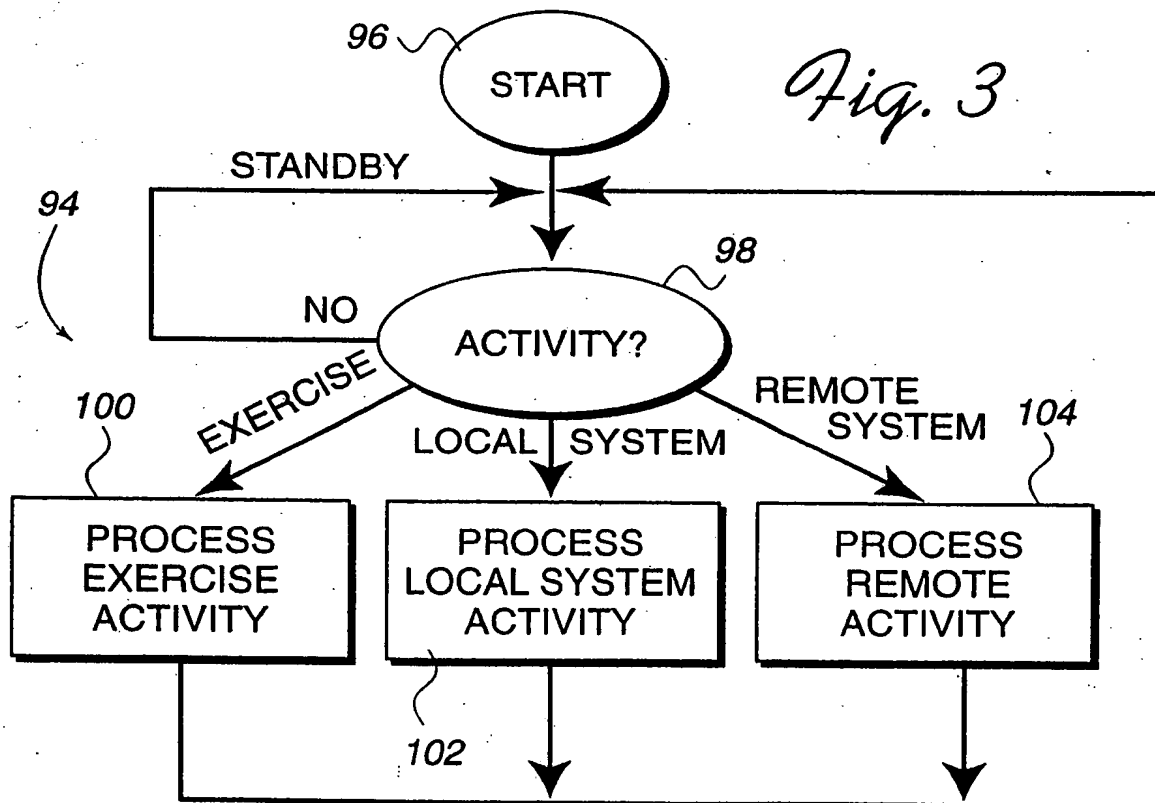


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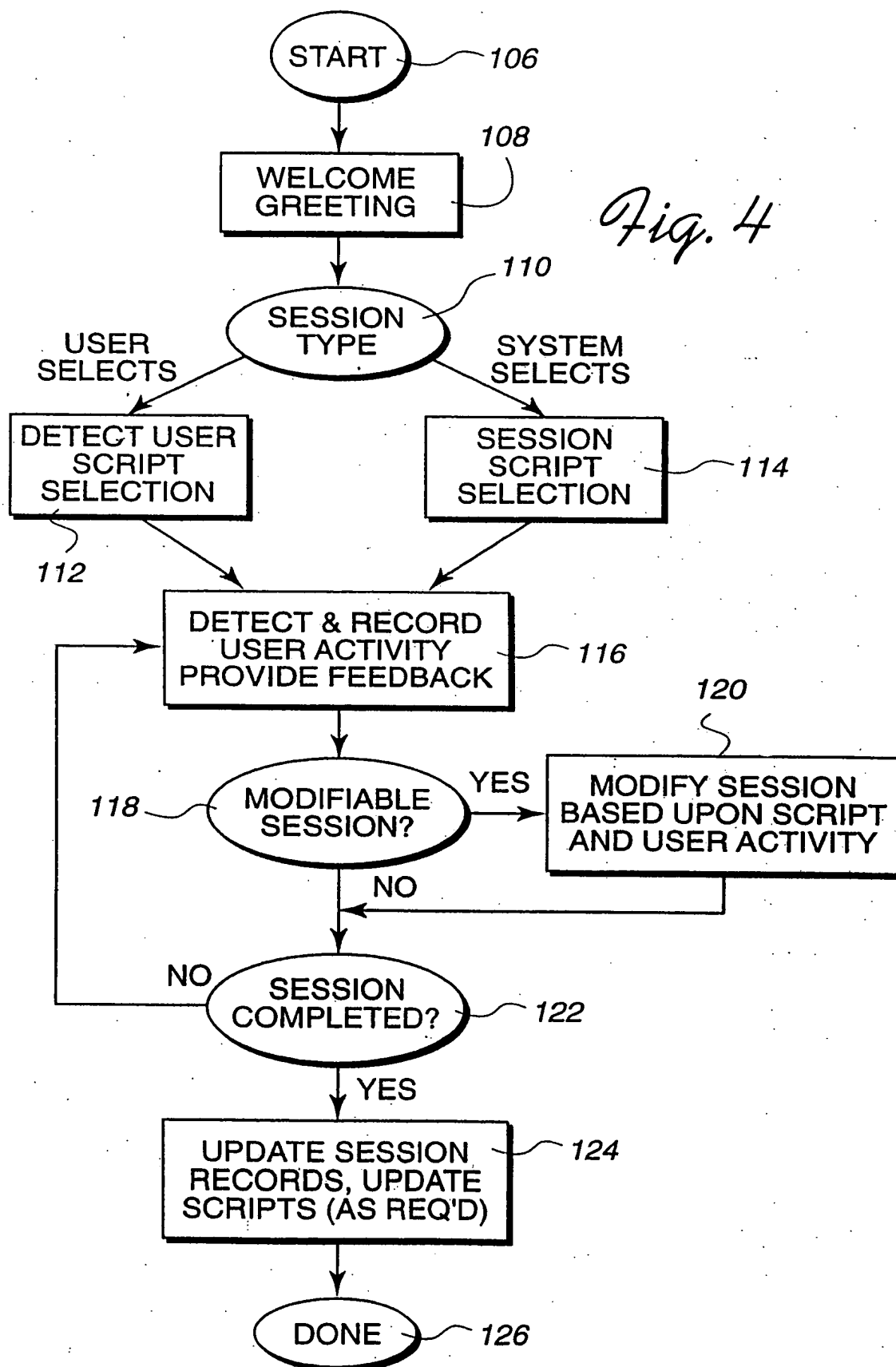
*Fig. 2*



*Fig. 3*



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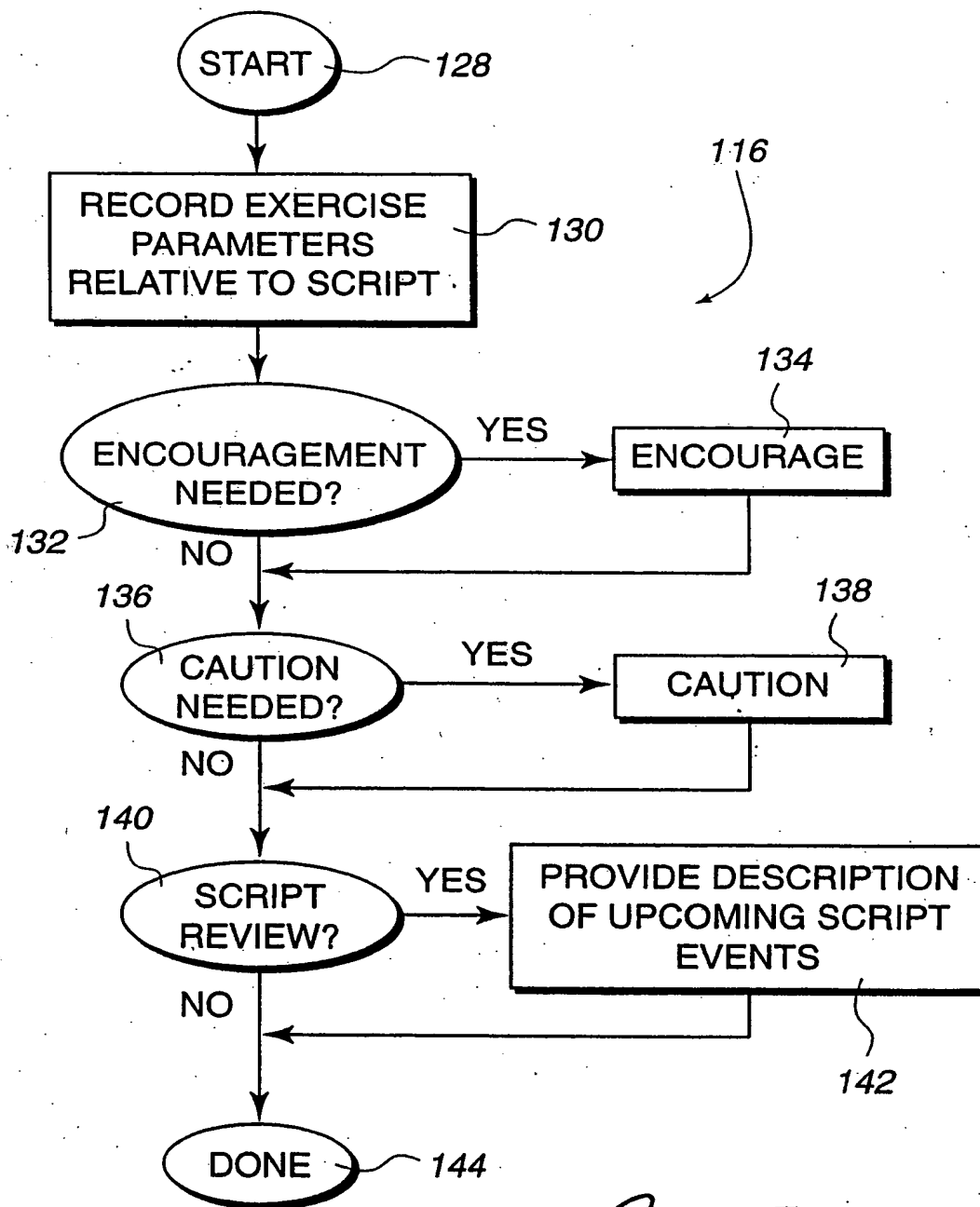


Fig. 5

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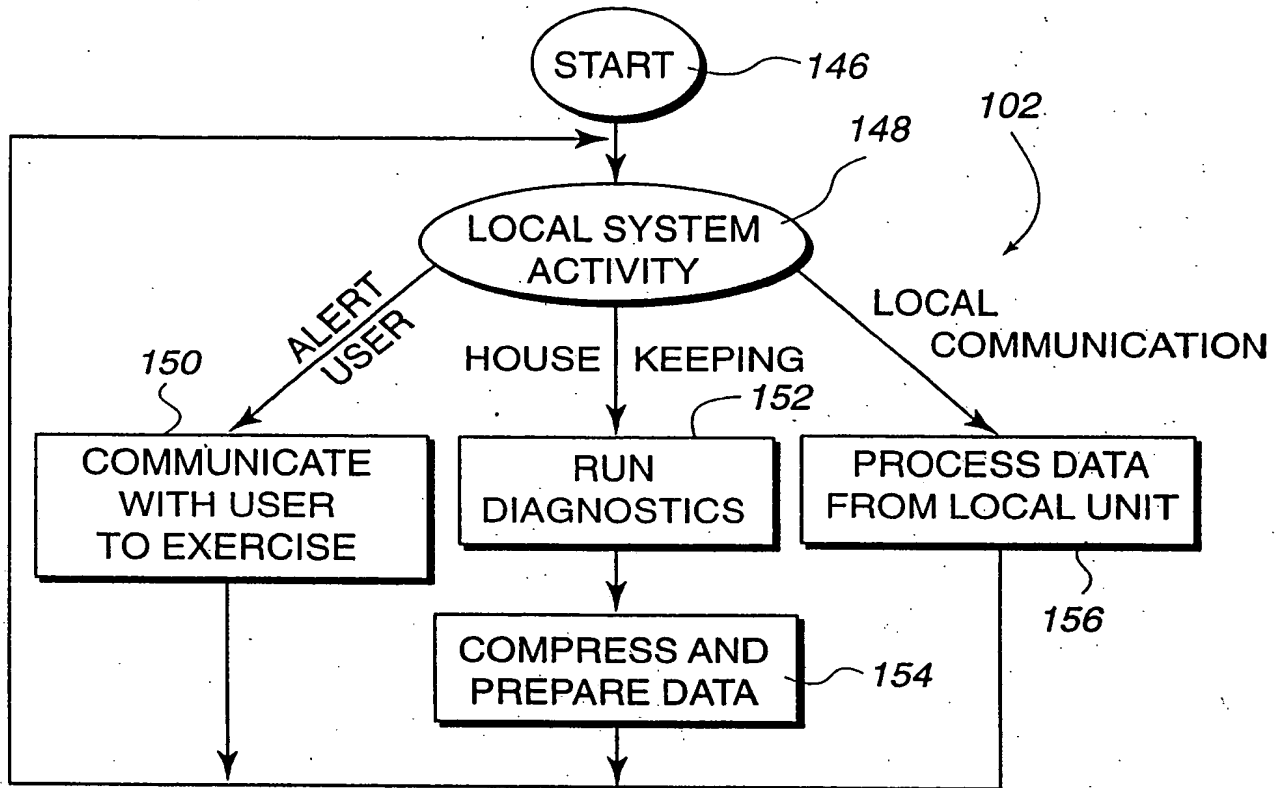


Fig. 6

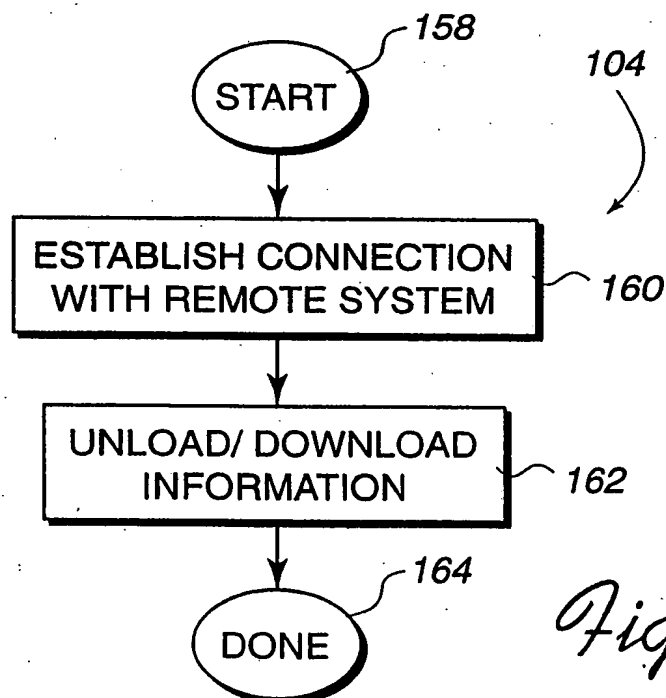
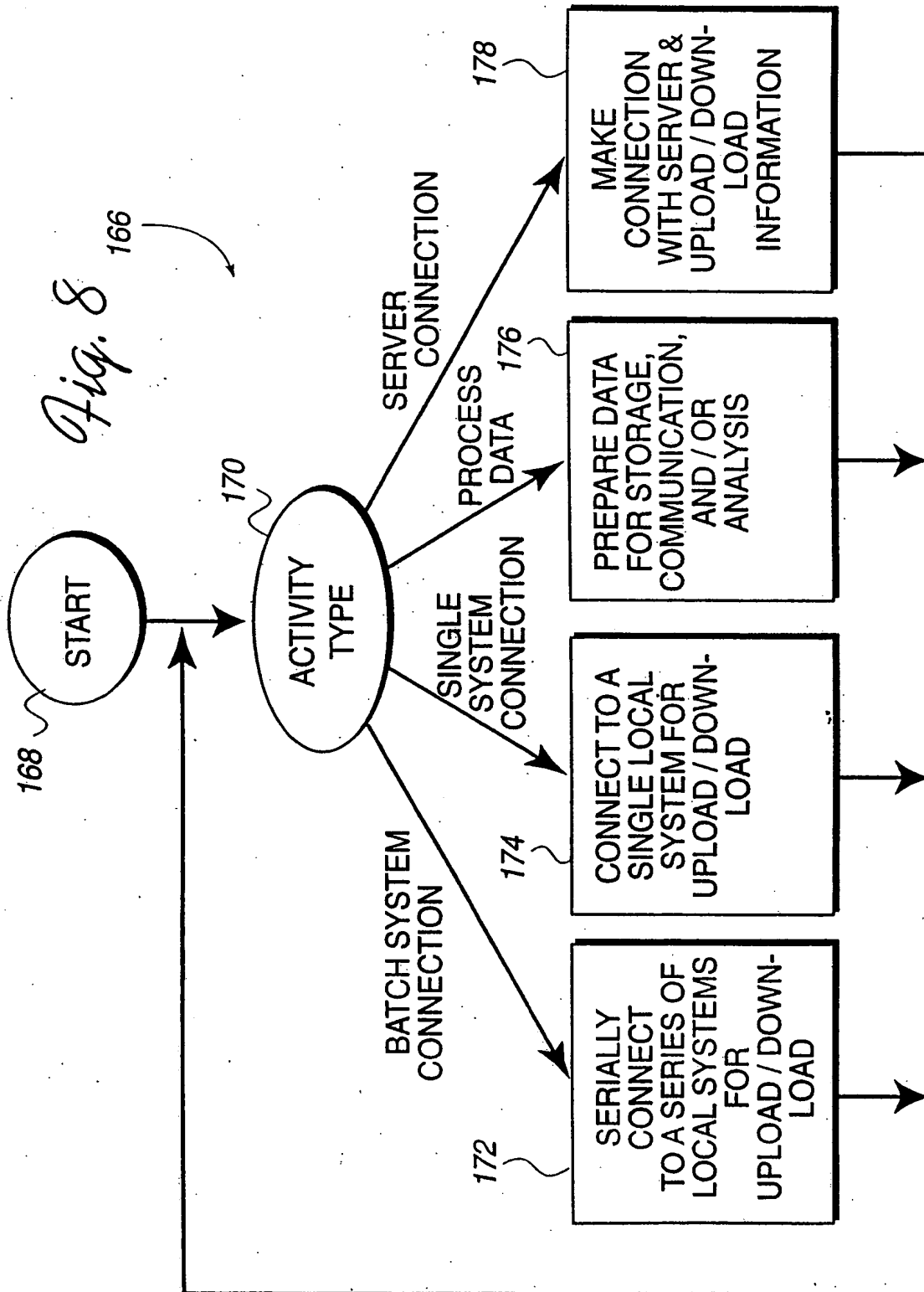
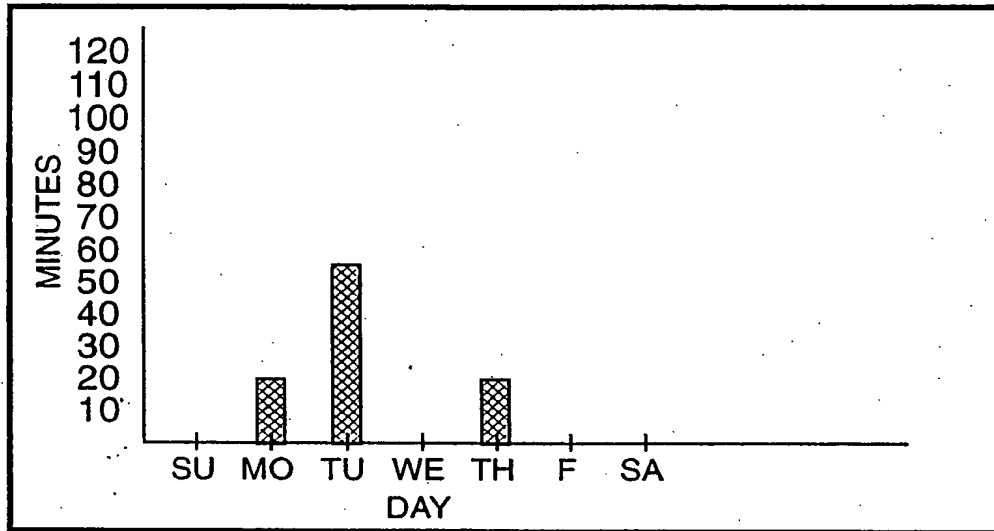


Fig. 7

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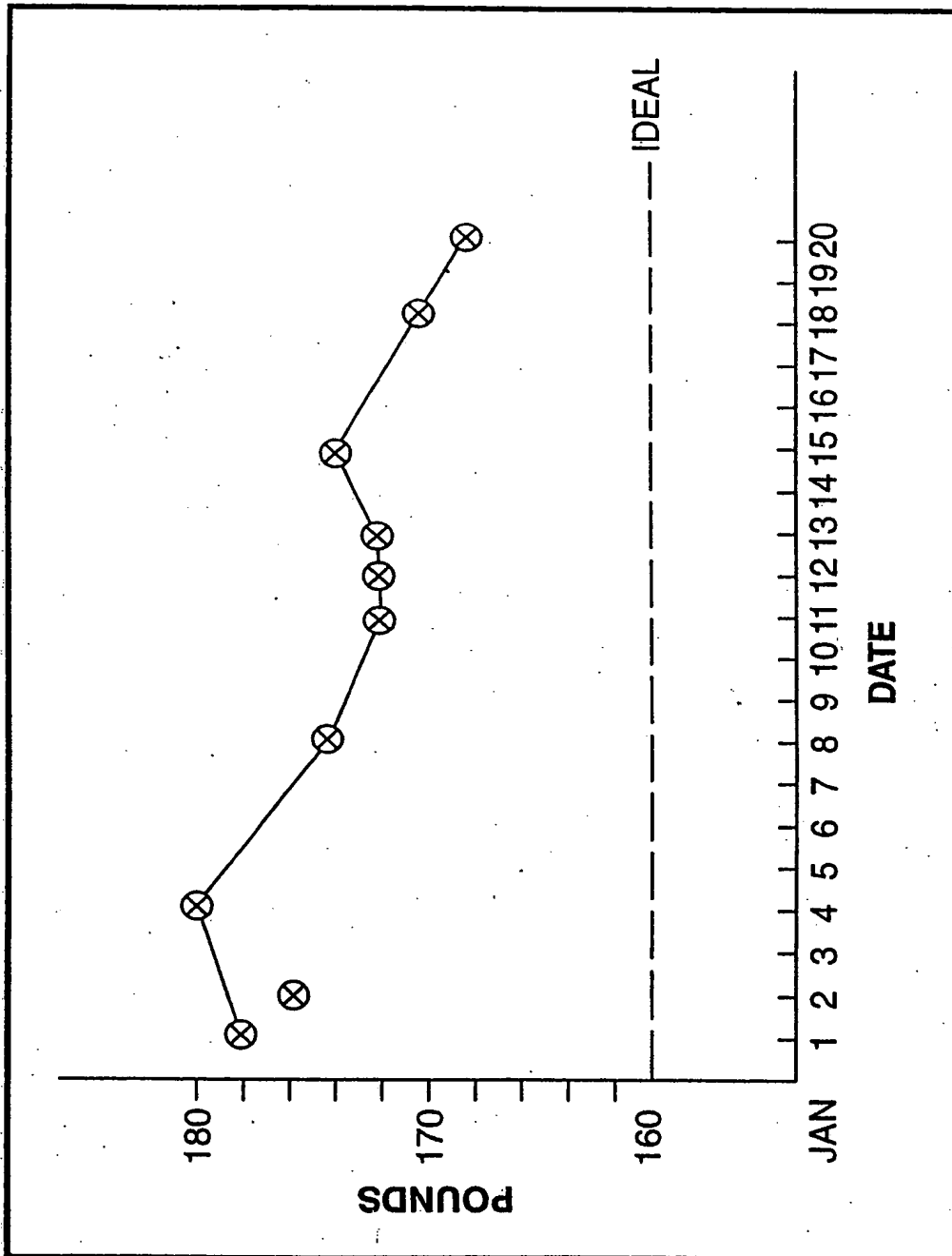
*Fig. 8a*

<u>SUNDAY</u>
NO EXERCISE
<u>MONDAY</u>
—10 MINUTES CYCLING
—232 CALORIES
—6 MINUTES AT 80% HEARTRATE
—1.8 MILES
—DIFFICULTY 6
—10 MINUTES WEIGHTS
—172 CALORIES
—20 REPS @ 100 LBS
—20 REPS @ 80 LBS
<u>TUESDAY</u>
ETC.

*Fig. 8b*



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*Fig. 8c*

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